period before user-selected information is retrieved. In one such embodiment, a qualifying provider-selected HTTP message includes HTML and javascript which causes the provider-selected HTML to be displayed for a limited period, after which time the browser automatically requests the originally sought user-selected information from the provider's server, using the HTTP POST request method. The provider's server transmits user-selected information only in response to such a request using the POST method, and which in addition includes a referrer header indicating that the referrer a URL for a qualifying provider-selected message. In combination with a qualification condition requiring, for example, that the last provider-selected message have been received within the last one-half hour, this embodiment would permit the provider to ensure that the user received and displayed a fifteen second commercial message during each half hour that the user requested information.

We claim:

1. A method of delivering information across a computer network, comprising the steps of:

receiving a request from a client program for user-selected information;
transmitting provider-selected information in response to the request if no qualifying
provider-selected message has been previously transmitted to the client program.

An apparatus for delivering information across a computer network, comprising:
 a computer network;

an information server for receiving a request for user-selected information from a client program;

the server being configured to transmit provider-selected information in response to the request if no qualifying provider-selected message has been previously transmitted to the client program.

3. A method of delivering information across a computer network, comprising the steps of:

receiving a request from a client program for user-selected information;

transmitting provider-selected information in response to the request if no qualifying provider-selected message has been transmitted to the client program within at least one provider-selected interval.

4. An apparatus for delivering information across a computer network, comprising: at computer network;

an information server for receiving a request for user-selected information from a client program;

the server being configured to transmit provider-selected information in response to the request if no qualifying provider-selected message has been previously transmitted to the client program within at least one provider-selected interval.

The method of claim 1, wherein
 said request from a client program is by means of the Hypertext Transport Protocol.

- 6. The method of claim 1, further comprising the steps of:

  transmitting the user-selected information if a qualifying provider-selected message
  has been previously transmitted to the client program.
- 7. A method of delivering information across a computer network, comprising the steps of:

receiving a request from a client program for user-selected information;

transmitting provider-selected information in response to the request if no qualifying provider-selected message has been previously transmitted to the client program;

the provider-selected information causing the client program to transmit a second request for user-selected information.

8. An apparatus for delivering information across a computer network, comprising: a computer network;

an information server for receiving a request for user-selected information from a client program;

the server being configured to transmit provider-selected information in response to the request if no qualifying provider-selected message has been previously transmitted to the client program;

the provider-selected information causing the client program to transmit a second request for user-selected information.

9. The method of claim 7, further comprising the step of:

transmitting the requested user-selected information in response to the second request for user-selected information.

10. A method of delivering information across a computer network, comprising the steps of:

receiving an HTTP GET request from a client program for user-selected information; transmitting from a server a provider-selected message in response to the HTTP GET request;

the provider-selected message causing the client program to transmit an HTTP POST request;

transmitting the user-selected information in response to the HTTP POST request.

11. The method of claim 10, wherein:

wherein said HTTP POST request includes a referrer header containing a URL for the server.